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A New Fat Cure.

By M.D. See page 306.

HEALTH

A WEEKLY JOURNAL OF

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EDITED BY DR. ANDREW WILSON, F.R.S.E. &C.

VOL. XI.—No. 280. FRIDAY, AUGUST 17, 1888. [PRICE TWOPENCE.

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◆ HEALTH ◆

EDITED BY

DR. ANDREW WILSON, F.R.S.E., &c.

LONDON: *FRIDAY, AUGUST* 17, 1888.

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Notes by the Way

BY THE EDITOR.

"Health is the foundation of all our physical happiness."—*Herder.*

THE following remarks on the Turkish bath, culled from the *Lancet*, are well worthy perusal:—Most of those who indulge from time to time in the luxury of a Turkish bath have need to observe a discreet moderation in its use if they would reap its advantages without incurring its occasional risks. For the majority of persons it is, with this proviso, a wholesome and enjoyable aid to cleanliness. The rheumatic, the gouty, and the dyspeptic have often proved its therapeutic value, and the reason for this is not far to seek. Its superior efficiency as a cleanser of the skin surface, and its powerful diaphoretic action, need only be mentioned in order to commend its use in such cases.

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THE action set up is not, indeed, a purely local one. Not only is the skin excretion vigorously stimulated, but the blood-vessels, the absorbents, and the deeper tissues generally, are washed by the current of outgoing fluid thus set in motion, while at the same time the strain on the frequently over-burdened kidneys is lightened, and this organ rendered proportionally freer and fitter for the discharge of its duties. We must not allow ourselves, however, to view the matter in its most favourable aspect alone. Serious mishaps do occasionally occur in the Turkish bath, and of this fact the recent sudden death of a man in one of the northern counties affords a suggestive illustration. The deceased had been a heavy drinker, and suffered from fatty degeneration of the heart. He had been advised by a medical man that he should not enter the bath, but in spite of the warning did so, and appears to have spent the greater part of a night in the hot and cold rooms alternately. It should be mentioned that about the same time he indulged, though not very freely, in drinking whisky. A few hours later he was found dead in the cooling room.

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WE may remark in passing the obvious need of limitation in the time during which the establishment is allowed to remain open. In this case the immediate cause of death was clear enough to show that the danger in such cases, and it is a real one, depends on the bather's health at the time. It is generally allowed that weakness of the heart muscle from actual disease contraindicates a bath of this kind. There are also cases, however, in which almost equal caution is necessary, though the cause of weakness is mere exhaustion from temporary overstrain. This is a point to which the worried, the anxious, and the overworked would do well to give a due share of attention.

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A STORY regarding the restoration of sight from a flash of lightning has been going the round of the newspapers. The patient had one eye totally destroyed by a mine explosion, and he became unable to see with the other. He was in the hospital for seven weeks for "fits," and on leaving was led about owing to his defective sight. One evening, after a flash of lightning, he noticed that he "could see indistinctly objects near to him." A few days later he could see to walk about without a guide. It appears that for some time after the patient could only partially open the eye, and that the organ of sight was becoming healthy and natural in its character. There seems no reason for assuming that the case was anything but an ordinary one in which the eye was slowly returning to its natural condition, independently of the lightning flash.

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I OBSERVE that a case was lately heard before the Court of Appeal in which the plaintiff had bought a house from the defendant; the latter, in answer to an inquiry as to the state of the drains, having stated that he had spent £50 in putting them in order. The house was duly

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bought; but soon three members of the household were suffering from typhoid fever. The drains were then examined, and forty cartloads of sewage-contaminated soil were removed. The plaintiff demanded damages, but the jury gave a verdict for the defendant, on the ground that he had been as much deceived by the builder as the plaintiff, and that there had been no fraudulent misrepresentation. "The Divisional Court," adds a contemporary, "refused a new trial, and this refusal has been confirmed by the Court of Appeal, mainly on the ground that there had evidently been no wilful deception on the part of the defendant. The case is instructive as showing the limit of responsibility as regards persons selling or letting houses in the present state of the law, and as indicating the desirability, on the part of persons buying or leasing house property, of securing a definite warranty from the owners as to the sanitary circumstances of the property before purchase."

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A WRITER has of late been suggesting that illuminating gas is responsible for far more cases of sickness than it is ever blamed for, sewer-air being nearly always diagnosed as the contaminating medium where nauseating smells exist in a house. The freshly liberated gas, he adds, from a fixture in a room is pretty easily identified, but when it has filtered through a floor or two, and maybe a wall and a section of loose earth, it is readily mistaken for the result of sewer-leakage. While it does not communicate typhoid fever or diphtheria, its constant inhalation can cause serious illness.

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THE freedom with which people raise a cloud of dust in the street, and the indifference with which the average pedestrian will pass through the same, it has been well remarked, is surprising when it is considered that the inhalation of nearly every variety of such suspended matter involves the reception into the system of countless numbers of hurtful organisms. The dust swept from the doorstep of the dwelling-house or store is full of germs, harmless and harmful, and other matters thrown off from the bodies of the people housed therein for the previous twenty-four hours. So with street and side-walk dust, which the scavenger so ruthlessly sends billowing up to the line of respiration. It is made up of many dried, air-tossed particles, dispersed by the attrition of thousands of feet and wheels. So long as the sweepers avoid soiling the spick-and-span uniform of the policeman on the beat, and fail to arouse the dormant sense of individual right in other passers-by, they are liable to be undisturbed in their nefarious practice of "raising a dust."

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THE London Sea-water Supply Bill has passed both Houses of Parliament, but an extension of time is granted for completing before July, in the year 1890, the works which were authorized in 1881 for bringing a sea-water supply to London from the Sussex coast. The reservoirs in the metropolis will be situated at Clapham Junction and Hammersmith. Naturally salt water will be largely employed for baths both in private and in public bathing establishments. It will replace fresh water for street watering, and secure all the advantages recently claimed for it in a leading article in our pages.

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I NOTE that the remains of Mrs. Flora Lindsay Ritchie, the wife of Mr. David G. Ritchie, Fellow and Tutor of Jesus College, who died at Oxford, were recently cremated at the building of the Cremation Society of England, at Woking, in accordance with the deceased lady's special desire. The process of cremation occupied about two hours.

Original Essays

"Life is not to live, but to be well."—*Martial.*

A NEW FAT CURE.

By M.D.

IN the pages of the *Nineteenth Century* for the current month, Dr. Burney Yeo devotes an interesting article to a popular description of the most recent idea which animates the medical world in the treatment of excessive fatness or "obesity." The subject is one which is certain to be studied by the public with a large amount of interest. The number of persons who appear to suffer from corpulence is on the increase, if one may judge from the eagerness with which cures for obesity are sought after and advertised. It is not too much to say, by way of a preliminary word of warning, that all successful cures of excessive fatness must partake of the nature of dietetic treatment. To swallow nostrums wholesale, under the idea that drugs can cure what is really a matter of food and exercise, is surely folly of the most supreme kind.

There is another evil connected with fat-cures by means of drugs which deserves special mention. I pointed out some time ago in the pages of HEALTH that fatness may be a condition natural to the individual, and therefore to be regarded as thoroughly natural a state as leanness in another person. We know that stoutness "runs in the blood" like other conditions of body, and unless the corpulence is of grossly excessive kind, it is clear that an individual who adopts a fat cure by drugs, is simply engaging in a senseless and hopeless fight against his nature. If his corpulence is to be cured at all it will be achieved by food-rules and not by drugs. If he persists in swallowing medicines to cure (?) his obesity, he will then run a very palpable and serious risk of injuring his health. We must, in short, recognize that we possess each a certain build and conformation of frame natural and proper to us as individuals inheriting our bodies and their special phases of health and disease from our parents and ancestry at large. We can alter our physical conformation only within certain limits, and in the matter of fatness it is to be borne in mind that we can simply modify and not abolish corpulence in cases wherein that condition is inherited, and therefore proper to a family history. These cautions, if kept in view, should save many of my readers much money and much vexation and ill-health likewise.

I cannot read the advertised cures for corpulence without thinking that, even if fatness is curable, or requires to be cured as an unnatural state in any person, errors in diet and exercise must frequently lie at the root of the condition in question. Medical men find a familiar example of my words in that form of stoutness often seen in young girls, associated with pallor of the skin and a certain measure of debility. This *anæmia*, as the condition is termed, is due to a faulty state of the blood. Fat is stored up because it is not burnt off and used up naturally in the processes and work of the body. A change to the seaside, the administration of iron as a tonic, and plenty of out-door exercise soon cures such a form of obesity. We understand, in other words, how such a condition arises, and we are prepared to cure it by acting upon our knowledge of its cause.

Long ago, in these pages (HEALTH, No. 57), a work of Dr. Ebstein was reviewed, and its merits fully discussed. This book dealt with the cure of excessive fatness by a

method of somewhat novel character. In Banting's cure, the patient was ordered to reduce his starchy and sugary foods (the *carbo-hydrates* of the physiologist) to a minimum, while his fatty foods were also tacitly abolished. But, with a reduction in these two classes of foods, Bantingism advocated an excess of "flesh-foods"—or *nitrogenous (albuminous)* principles, as they are scientifically named.

Now, Ebstein showed that Bantingism, in its way, produces what Dr. Yeo calls feelings of great loathing, owing to the excess of the meat given, "as well as digestive disturbances which necessitate its interruption." It also fails to relieve, in serious cases, "the feebleness of the heart, the tendency to congestion of the lungs, and even dropsy, which complicate the graver forms of excessive corpulency." Ebstein, like Mr. Harvey (who was the real author of Banting's cure), limits the starches and sugars, and also gives but a moderate quantity of flesh or nitrogenous foods; but he increases the fat in the diet of the corpulent person, because it satisfies appetite, limits the demand for food, and also reduces the quantity of fluid consumed—this latter being an important point in all schemes and methods for the reduction of corpulence. Dr. Yeo gives us in a tabular form the three methods of fat-cure—the last being that of Oertel, to be presently described:

	Albuminous (flesh) foods. Ozs.	Fat. Ozs.	Starches and sugars. Ozs.
Banting	6	$\frac{1}{3}$	$2\frac{3}{4}$
Ebstein	$3\frac{1}{2}$	3	$1\frac{3}{4}$
Oertel	$5\frac{1}{2}$	1 to $1\frac{1}{4}$	$2\frac{1}{2}$ to $3\frac{1}{2}$

Primarily, of course, the question of the proper or normal weight of the human body falls to be considered. Let Dr. Yeo repeat for us the dicta of science on this head:—

"It has been stated," he says, "that a man should possess about one-twentieth of his entire weight of fat, and the *softer* sex rather more—about one-fifteenth. But this estimate cannot serve any practical purpose, because it would be impossible to make the necessary analysis until it was *too late* to be of any service. The only easy and practical test is the relation of weight to age and height. A man 5 ft. 7 in. in height and thirty years of age, ought to weigh from 10 st. to 10 st. 10 lbs.; at forty years of age the average weight is about the same; at fifty it is a little less, at sixty still less, and at seventy considerably less. A woman 5 ft. 2 in. in height would weigh, at thirty years of age, from 7 st. 8 lbs. to 8 st.; at forty she will be 2 lbs. heavier; at fifty nearly 4 lbs. heavier, and at sixty she should be about the same weight as at thirty, and she should get lighter as she grows older. For every additional inch of height you must add 5 lbs. to the weight, so that a man thirty years of age and 6 ft. high may weigh from 11 st. 11 lbs. to 12 st. 7 lbs. These are, of course, merely working averages, prepared for such purposes as that of life assurance, &c. If a man comes to exceed these averages by more than a stone, he may be said to be getting too fat, unless there are other considerations, such as original or inherited conformation, to account for it." To these words we must add that natural fatness is by no means an enemy either to health or longevity. There are no facts proving that stoutness of body—unless present in excessive amount—tends to shorten life or to produce disease.

Dr. Yeo's words are also worth bearing in mind, in relation to our cautions concerning the causes of fatness, when he adds that "apart from the very considerable inconvenience it gives rise to—to leave æsthetic considerations out of the question—no doubt a great excess of weight due to an increased formation of fat is an abnormality closely bordering on disease. At any rate, in almost every case, it may be said to point to the consumption of a hurtful excess of food of some kind. Fat persons who wish to get thinner should realize this fact. It is useless to proclaim that they do not eat more than others; *excess of fat can only be made from excess of food*, and it has been very pertinently pointed out that a daily deposit of *a quarter of an ounce of fat* will in ten years *increase the weight of the body by fifty-seven pounds!* and the familiar process of fattening animals for purposes of food should teach us how rapidly fat can be deposited in the animal body when appropriate food is taken."

Coming now to the discussion of Dr. Oertel's fat-cure, we find the method of that Munich *savant* to differ from Ebstein's—as the figures already quoted show—in its increase of the nitrogenous or flesh-foods allowed to the corpulent person, and in its reduction of fat; while the starches and sugars are slightly in excess of those given by Ebstein. Dr. Yeo maintains that in Oertel's cure the "amount of fat and carbo-hydrates is admissible in those cases where active exercise can be and is taken, as muscular exertion is attended by a considerable destruction of fat, and the relative excess of albuminous food in this formula leads to the displacement of the fat accumulated in the substance of the muscles, and to a new formation of muscular tissue in its place. At the same time this diet protects the nitrogenous tissues from waste—a necessary condition of health which is lost sight of in Ebstein's method. Indeed, the central idea in this 'cure' is to *strengthen the muscle of the heart*, and this is aimed at not only by a carefully considered dietary, but by the prescription of regular, active bodily exercise and suitable gymnastics."

It is, however, in the special manner of the *exercise* prescribed by Oertel that the characteristic features of his cure are to be found. It is known as the "Terrain-kur" or "climbing-cure," because his aim is that of strengthening the weak heart of the stout person by making him climb heights. He restricts and reduces the amount of fluids in the body, and where perspiration to this latter end cannot be brought into play by exercise and limitation of drinks, baths are employed to effect this purpose. The muscle of the heart is thus strengthened by climbing heights gradually and slowly. The pace is even, no talking is allowed, and with each step the patient breathes in or out, the steps and the movements of breathing being thus correlated.

The *diet*, as we have seen in Oertel's cure, contains plenty of nitrogenous food to maintain the natural state of the blood; and not more than thirty-four ounces of fluid are given in the 24 hours. The diet-routine is cited by Dr. Yeo as follows:—*Morning.*—One cup of coffee or tea with a little milk, altogether about six ounces. Bread about three ounces. *Noon.*—Three to four ounces of soup, seven to eight ounces of roast or boiled beef, veal, game, or not too fat poultry, salad or a light vegetable, a little fish (cooked without fat, if desired), one ounce of bread or farinaceous pudding (never more than three ounces), three to six ounces of fruit, fresh preferred, for dessert. It is desirable at this meal to avoid taking fluids, but in hot weather, or in the absence of fruit, six to eight ounces of light wine may be taken. *Afternoon.*—The same amount of coffee or tea as in the morning, with at most six ounces of water; an ounce of bread as an exceptional indulgence! *Evening.*—One or two soft-boiled eggs, an ounce of bread, perhaps a small slice of cheese. Salad and fruit, six to eight ounces of wine with four or five ounces of water.

Such is an outline of the latest idea in fat-cures. We must add that for many corpulent persons with weak hearts modifications of the Oertel method are prescribed. Whether or not this cure is destined to supersede Ebstein's it is difficult to say. We may not be far from the truth when we assert that one cure will not and cannot benefit all cases of corpulence alike. It is the special duty and business of the physician to determine which method is best adapted for each case brought under his notice. If corpulent persons are wise they will never attempt self-experimentation, but be guided by medical advice both in the selection and in the practice of any cure to which they may trust for reduction of body.

OFFAL EATERS.

By Dr. W. Curran.

(Concluded.)

Nor is this to be wondered at when we consider the habits of the inhabitants of Afghanistan, the character of the garments they wear, and, above all, the extraordinary fecundity of these pests; and as to the diffusion of this habit, it may be literally and truly said to exist from China to Peru. I have already quoted to this effect in favour of the former, and as to the equally economical denizen of the latter, Mr. Orton tells us ("The Andes and the Amazon," p. 181) that "lice-eating is an old Indian custom. In Inca times it was considered an infallible remedy against sore eyes." Describing the culinary tastes of a young native woman whom they had captured in the interior, Colonel Warburton says ("Across the Western Interior of Australia," p. 207) that "we had not allowed her to starve during her captivity; but, all the same, she supplied herself from the head of a juvenile relative with an article of diet which our stores did not furnish"; and the late Surgeon-Major Thomson, ascribed ("Op. Cit.," vol. i., p. 209) a similar proclivity or weakness to her far-off cousins, the New Zealanders. They practised it at one time universally, and similar stories are told by Captain Parker Snow ("Two Years' Cruise off Tierra Del Fuego," vol. i., p. 346) about the wretched Fuegians and Patagonians he had met, as well as by the late Grantley Berkeley ("The English Sportsman in the Western Prairies," p. 424), Catlin, and others, about some tribes of American Indians.

Prejevalski is equally emphatic in his ascription ("Mongolia," vol. i., p. 52) of this practice to the Mongolians, and as to their neighbours, the Chinese, an old writer says of them (Cooke, *ut supra*, vol. i., p. 373) that "even the vermin, picked off their filthy persons, fell a prey to their depraved appetites." "The men and animals of Northern Tartary (Asteais) eat out of the same vessel, which is never cleaned. As their felt-like hair swarms with vermin, the most filthy of all their actions is that of the women at their leisure (Cooke, *ut supra*, vol. i., p. 463) picking such vermin from their husbands' heads, and killing them, with all possible calmness, between their teeth," and in one of the South Sea Islands, visited by Cook, "the children and common people (Hawkesworth, *ut supra*, vol. ii., p. 191) sometimes pick out and eat the vermin with which their heads often abound." I give these references so minutely to enable such of my readers as may wish to push this inquiry further to do so. I wish also to condense or soften, as much as I can, details that are as monotonous and degrading to our species as they must be grotesque and repulsive to all. But truth is truth all the same, however disagreeable the expression of it may be to some. This part of my subject is necessarily a disagreeable one. As to the antiquity of the practice, that is established by Lublock, who says ("Prehistoric Times," 1st ed., p. 426) that "the Indians of Paraguay all took a pleasure in picking out and eating the vermin which swarmed on their skin and in their clothes," as well as by Bancroft ("History of the United States," vol. ii., part ii., pp. 881-2), who testifies to a similar indulgence and antiquity on the part of the red men of the West.

The same remarks will apply, *mutatis mutandis*, to that other and almost equally objectionable custom, the habit of clay or earth eating. It may also be said of this, as was said of the other, that it exists, in one form or another, from China to Peru, and for proofs in point we have only to turn to that very accessible book, Johnston's "Chemistry of Common Life," edited by Church, pp. 406-10, &c. From this we learn that the negroes of Guinea have been long known to eat a yellowish earth there called *caociac*, the taste or flavour of which is said to be very agreeable, and which is also said to cause them no inconvenience. The habit was by them introduced into the West Indies, where it still obtains to some extent, and it also obtains in Java, Sweden, Finland, and among the inhabitants of the Sikkim Hills in the Himalayas. But tropical America was its favourite home or haunt, and Humboldt was its historian. He first described the practice at length in his fascinating "Personal Narrative of Travels to the Equatorial Regions of America," vol. ii., pp. 196, 496-9, &c., and quotations from this work may be found in Johnston as above, and elsewhere abundantly. I purposely ignore or omit these for brevity's sake, and also because we have seen already that the vagaries of the kitchen are beyond counting. We know, indeed, that substances which we could not digest at all, or would discard with loathing and horror, are regarded by others as *tit-bits* and food fit for kings, and no better proof of this can be given than is contained in the two very pertinent extracts with which I purpose, without further comment, closing this already, I fear, too lengthy paper.

Commenting exhaustively on this "dirt-eating disease," as he calls it, which, he says, "now enters as one of the chief endemic complaints of all tropical America," Mr. Orton says ("The Andes and The Amazon," 3rd ed., pp. 592-3-4) that: "Here on the Marañon, the half-breeds are mostly addicted to the practice of dirt-eating. . . . . When it does prevail, it is a devouring passion among them, and children commence the habit from the time they are four years old or less, and frequently die from the results of it in two or three years. . . . I have seen here myself, in the case of a Mestizo soldier who was dying from the dysentery which generally, sooner or later, supervenes in this habit, detected half an hour before his death with a lump of this clay stuffed in his sunken cheeks. Officers here who have the Indian or half-breed children as servants, sometimes have to use wire masks to keep them from putting the clay to their mouth, and women as they lie in bed sleepless and restless will pull out pieces of mud from the adjoining walls to gratify their strange appetite. They will sometimes soothe a squalling brat by tempting it with a lump of the same material."

As to the causes of this unnatural propensity he enumerates the following: The presence in this kind of clay of the nematoid worm called Ankylostoma Duodenale, and a poor monotonous diet. But this worm was very common among the workers in the Mont Cenis Tunnel, yet was there amongst them no such proclivity as is here contemplated. It is also common elsewhere, but we don't

hear of this horrible craving, and many pathologists regard its presence as *au fond* the cause of that fatal malady known as pernicious anæmia: the disease of which, as I believe, Don John of Austria died. As to its results or, as doctors would say, sequelæ, they are, Mr. Orton intimates, "Surely fatal at varying terms of years. Some live to middle age, and then die of dysentery;" and as to its effects on the children: "Dropsy is (he adds) usually the most prominent apparent cause of their decline and death." This last symptom would seem to indicate a relationship between it and the conditions vaguely ascribed in the East and also in Northern Italy to tainted maize or spurred rye, and designated as Beri-Beri, and the so-called Podagra or Dry Gangrene of Northern Italy.

Describing *safura*, this clay or earth-eating, as it prevails among slaves and others at Zanzibar, Dr. Livingstone says ("The Last Journals of David Livingstone") that "it is not confined to slaves, nor do slaves eat it in order to kill themselves. It is (he intimates) a diseased appetite, and rich men who have plenty to eat are often subject to it. The feet swell, flesh is lost, and the face looks haggard; the patient can scarcely walk for shortness of breath and weakness, and he continues eating till he dies. . . . The clay built in walls is preferred; and Manguema women, when pregnant, often eat it. The cure of it is (he adds) effected by gastric purges composed of 'old vinegar of cocoa trees, which is put into a large basin, and old slag red hot is cast into it. 'Monege,' assafœtida, and copperas are then added, and a small glass full (of this stuff) morning and evening, fasting," is supposed to do the best. Be it so, and though this is not a pleasant remedy, we must not forget that the disease is a dire one. It is necessarily fatal if persisted in, and assafœtida and copper are any day better than damp clay or sticky dirt.

Addendum.—As the following extract has come to hand since this paper was placed in the printer's hands, while it bears very directly on the issue we are here discussing, I submit it on the ground, or under the hope, that He, who is said to temper the wind to the shorn sheep, may be even now raising up, for the use of our "very poor," that form of food or those supplies that are now so much needed amongst them. Be it so is my hope; for the rest, it must speak, without further preface, for itself. Alluding to the value that was formerly attached, as a medicine, to the fossil bones that were dug up, from time to time, in this country, Miss G. Cumming says, in the *Nineteenth Century* for June, 1887, p. 906, that "after all this reduction of fossil bones and ivory to vulgar powders, for medicinal use, is not more strange than the fossil food which forms so large a part of the daily bread of multitudes of our fellow creatures in Lapland, Finland, and Sweden; in Carolina and Florida, on the banks of the Orinoco and of the Amazon, where vast tracts of earth are found, composed wholly of myriads of microscopic shells. And this strange mountain-meal, being duly mixed with meal of the nineteenth century, is freely eaten by the people. In Lapland alone," she says, "hundreds of wagon-loads are annually dug from one great field, and there are men who eat as much as a pound and a half of this curious condiment. We hear," she adds, "of fields as yet untouched, having been discovered in Bohemia, Hungary, and other parts of Europe, so perhaps we may," she hopes, "ere long add these primeval atoms to the delicacies of our own tables."

And assuredly they were never more wanted than they are just now. They will be even more wanted hereafter, if by emigration, migration, plague, pestilence, or famine we do not somehow or other contrive to get rid of, modify, or diminish that swarming of men, of which we now-a-days hear so much, and of whose ingress more *must* be heard, if this supply does not prove adequate, as the present strife and struggle increase.

Ants are usually very obstinate and persistent in maintaining a footing when they have once gained it. The best method to get rid of them is the following: Upon a small board—of convenient size to be quickly carried about—spread a thin layer of syrup, and put the board where the ants are apt to congregate. When as large a number as can be expected have gathered, the board is quickly carried away, and the ants destroyed. This is repeated as long as any considerable number make their appearance. When they are becoming less numerous, the syrup may be poisoned, so that the ants may carry the poison to their nests. If the nests can be found, they may be rendered uninhabitable for them by insect powder.

Mr. C. B. Harness, the President of the British Association of Medical Electricians, has just returned from the Continent, having thoroughly investigated both Professor Charcôt's and Dr. Vigouroux's world-renowned systems of electrical treatment. During his stay he was entertained by the leading medical and scientific authorities, and was awarded a gold medal by the Electro-Medical Institute of France for his many valuable inventions and publications, and for the remarkable success which has attended his "electropathic" treatment in this country during his extensive practice at the Medical Battery Company's establishment 52, Oxford-street, London, W., where thousands of his patients have been completely restored to health by his special electrical method of cure. Those of our readers who are acquainted with the elaborate and popular form of medical electrical treatment, practised so successfully by the French physicians, will doubtless be pleased to hear that, in addition to the large staff of qualified medical and other officers at 52, Oxford-street, London, W., the Medical Battery Company, Limited, have secured the services of Prof. Loreau, who has had a long experience, and for many years attached as the *préparateur* and chief medical electrical adviser at the hospitals of Salpêtrière and Bicêtre, and has been also for a considerable time Prof. Charcôt's chief assistant. This gentleman is an officer of the Government of France, and holds many high and distinguished appointments. His great attainments in anatomical and physiological studies, and his long practical experience, qualify him as one of the highest authorities in these branches of the healing art, and constitutes him a valuable addition to the already talented staff of the Medical Battery Company, Limited. The valuable and ingenious inventions of Mr. Harness and the elaborate and beautifully fitted operating and consulting rooms at the Company's extensive Electropathic Establishment at the corner of Rathbone-place, Oxford-street, are indeed a wonderful example of the rapid strides made during the past few years in the science of medical electricity, and this magnificent building now constitutes one of the most interesting "sights of London." Visitors from the country and others are invited by Mr. Harness to call and personally inspect the premises and various electropathic appliances and have their uses explained to them free of charge. We understand that Mr. Harness, with his usual indefatigable energy, is negotiating for the establishment of a free hospital for his special system of electropathic treatment. —*Extract from "John Bull."*

Personal Health

"Be timely wise;
With health all taste of pleasure flies."—*Gay.*

THE MUSEUM AT THE BRITISH MEDICAL ASSOCIATION.

The museum contained this year a large and varied assortment of new and improved drugs, invalid and infant foods, and sanitary appliances. This certainly bespeaks ceaseless activity throughout medical and sanitary science, which does so much to enable mankind to prevent, as well as cure, disease. In the midst of so much that is interesting and instructive (as well as, no doubt, preventive, palliative, or curative), it seems almost invidious to pick out one thing and leave another. As, however, the advances made in the line of curative medicine must ever appeal with most direct force to the minds of laymen, a brief *résumé* of the therapeutic innovations of the year that has elapsed since the British Medical Association last met may prove of general interest.

One of the most remarkable of the drugs exhibited is *Saccharin*, a coal-tar product, possessing three hundred times the sweetening power of cane sugar, and which is neither food nor poison. It is said to be excreted as it is ingested, undergoing no change whatever in the body. This curious sweetener is mainly given in diabetes, in which disease, it is well known, starchy and saccharine foods are interdicted as harmful. Diabetic foods are now made with saccharin, and a tabloid of it will sweeten a cup of tea or coffee as well as a lump of sugar.

Those afflicted with that attendant of civilization, sleeplessness, may be interested in *Sulphonal*, an hypnotic alleged to be as efficient as opium or chloral, and yet perfectly safe and devoid of untoward after-effects. It is practically tasteless and odourless, and those who have tried paraldehyde and urethane in vain may find their medical adviser approves of a trial of a Tabloid or so of Sulphonal.

Another noteworthy drug is *Salol*, composed of one-third salicylic and two-thirds carbolic acid. It is a white palpable powder, practically tasteless and odourless, which is stated to pass through the stomach unchanged and to break up into its constituent parts in the intestine. It is used as an antiseptic to ulcers, as a febrifuge, and also anti-rheumatic. In fevers it is asserted to lower the temperature without causing symptoms of depression afterward.

This brings us to *Antipyrin*, of which much has appeared in the medical and lay press. It was first introduced as a febrifuge, but increasing knowledge points to more important properties of the drug. It seems to be used both in Great Britain and abroad to relieve pain, being sometimes injected under the skin. The public are, perhaps, most familiar with Antipyrin (a coal-tar product, by the way), as a means employed to stop headache and neuralgia, and to prevent sea-sickness. A *five-grain Tabloid*, we are told, is a small and safe dose, being the amount injected subcutaneously.

Believers in pine baths and inhalations may recognize in *Pinol* the characteristic balsamic odour of the Alpine pine. Pinol is the essence of the *pinus pumilio*, a pine growing immediately below the snow-line of the Alps, stunted by the cold, but richly charged, it is said, with highly active principles, and in this respect surpassing all other pines. So diffusive and powerful is it that a little is sufficient to impregnate the atmosphere of a large room, freshening the air and brightening the patient. An extract of the *Pumilio pine* is used in rheumatic and neuralgic affections, in liniments, plasters, baths, &c., the Pinol itself being employed in steam inhalations and fumigations.

It would thus appear that the fullest benefits of the pine treatment are obtainable in their own homes by those to whom a visit to Reichenhall would be quite out of the question.

TUBERCULOSIS IN MAN AND ANIMALS.

A congress was lately held in Paris to discuss questions regarding tuberculosis as it occurs in man and in animals. Tuberculosis is the general disease, of which consumption is a local manifestation. A report of the proceedings says that the questions proposed by the committee were as follows:—The dangers to which a person is exposed by the use of the flesh and milk of tuberculous animals; the human races and the animal species considered in regard to their susceptibility to tuberculosis; the channels for the introduction and the propagation of the virus in the economy; the early diagnosis of the malady in man and in animals; heredity, contagion, hygienic measures, and the various methods of treatment.

M. Cornil described some interesting experiments on contagion of tuberculosis through the mucous membranes. The cultures of the tubercle bacillus (or germ of tuberculosis) introduced into the intestine penetrate very quickly into the substance of the bowel. In introducing into the gullet of guinea-pigs a few drops of tuberculous cultures, he always observed at the end of four days tuberculous patches. M. Nocard read a paper on the dangers to which one is exposed by the use of the flesh and milk of tuberculous animals. It would appear to result from his very ingenious experiments, that the muscles destroy or digest the bacilli-germs in such a way that the meat of animals affected with generalised tuberculosis presents but very little danger. He said that four cats eat with impunity the flesh of a tuberculous cow, whilst a fifth cat that had eaten a lymphatic gland of the same cow succumbed in a very short time to experimental tuberculosis. He therefore thinks that it is not necessary to exaggerate the precautions, or to hold the bacillus in great dread, adding that one can eat without fear the flesh of tuberculous animals, the tubercles of which are limited to the organs and to the different lymphatics; even that of animals the tuberculosis of which is generalised, would be but exceptionally to be dreaded.

As regards the milk, M. Nocard said, this should always be looked upon with some suspicion, and it should never be given to children without its having been previously boiled. Goat's milk may, perhaps, form an exception to this rule, as a tuberculous goat is looked upon as a rare specimen in the way of disease.

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To the Editor.

Sir,—I should like to invite the attention of your readers, especially clergymen, lawyers, auctioneers, and others who have got to use the voice in their calling more than their neighbours, to this very remarkable instrument, which is to be seen and purchased at the Medical Battery Company's Office, 52, Oxford-street, London, W. I called there more out of curiosity than actual faith in the instrument, but after one or two experiments, under the doctor's superintendence, I left convinced of its efficacy in the IMMEDIATE RELIEF OF RELAXED SORE THROAT, huskiness of voice, and kindred ailments. I am not in a position to say from actual experience whether the instrument would effect a permanent cure of any one of these ailments, but there can be no mistake about its power to relieve. I am sorry to find that none of my brethren have availed themselves of Mr. Harness's courtesy to inspect and try this novel instrument, free of charge, but I may say, for the benefit of those who care to know, that I can see nothing approaching quackery either in the appearance or the method of using the instrument. I would venture to describe it as a very high-class medicated inhaler, devoid of all the inconvenience attaching to the ordinary inhalers of the shops, and elegant to look on. The price of the instrument will not bar its entrance to general use, for the small guinea one, though much milder than the large three guinea instrument, will be found very serviceable, and perhaps strong enough for sensitive throats. I would willingly say more on this clever invention, and on the other medical appliances exhibited and for sale at the above address but for trespassing on your valuable space.—I am, &c., your obedient servant,

Alex. M'Cook Weir, M.D.

The above letter appeared recently in the *Nottingham Daily Express*.

Further Extracts from Medical Reports.

Dr. Cronin, Old Manor House, Clapham-common, S.W., writes:—Dec. 23, 1885.—Please send to the Rev. S. Etheridge, Haslemere Rectory, Surrey, copy of Testimonials on the Ammoniaphone. I have advised him to use this instrument, and you may, I hope, receive an order from him. Please also send me a 21s. instrument.—Yours truly, Eugene Cronin, M.D."

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The idea embodied in this variety of cotton fabric for body clothing is, as the name implies, that of providing ready means of escape for perspiration as vapour, whilst affording facilities for securing next the skin the presence of a good non-conductor of heat in the shape of warm air, and thus avoiding the access of chill. And these objects appear to be well attained by the material submitted to our notice.

MEDICAL PRESS, June 13th, 1888.

The advantages of this form of structure are numerous. Articles so manufactured are light, elastic, and durable, and the air contained in its meshes, of cotton, or cotton and silk, on account of the material being a bad conductor of heat, preserves the body from vicissitudes of temperature. Perspiration passes readily through, and consequently such garments never feel wet, no matter how violent the exertion.

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When Faith grew doting, and our reason cold,
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And taught a language to its lisping tongue."
—*Charles Mackay.*

THE PHYSICAL BASIS OF BRAIN-WORK.

By Woods Hutchinson.

(Concluded.)

The whole history of the human race bears more than a fanciful analogy to the old fable of Tullus, the giant son of the Earth, whom even Hercules for a long time was unable to conquer, since every time he was thrown he derived fresh strength from contact with his mother, the Earth, but whose strength and life rapidly ebbed away when lifted clear of the earth and held in mid-air by the wily Greek, after he had learned the secret of his power.

Once let the human race be cut off from personal contact with the soil, once let the conventionalities and artificial restrictions of so-called civilization interfere with the healthful simplicity of nature, and decay is certain.

But, it may be objected, was not the predominant element in these old world empires largely physical, so that physical conditions would principally determine their permanence? While admitting the partial truth of this suggestion, we are prepared to go a step further, and meet the objection on grounds to which no such exception can be taken. If we were to ask what three nations had made the most forcible impression upon human thought, we should probably be pointed to the Greeks, the English, and the Germans.

If we can prove that these three nations have or had some quality in common which was especially prominent either just before or during their period of greatest intellectual vigour, and whose decline was rapidly followed by a corresponding intellectual decay, we shall at least have some right to regard it as an important factor in their supremacy.

Let us turn to the pages of history and see if we can discover this common factor. It certainly is not their form of government, for the Greeks lived mainly under a democratic oligarchy; the English under a constitutional monarchy; the Germans, until of late, under a despotism; it is not their race, nor their climate, nor their geographical position, least of all their religion. In fine, their only prominent feature in common is their magnificent physique; and for this they are probably more conspicuously distinguished than any other nations of history. Their reputation for physical prowess was second only to the renown of their intellect. More than this, in all three their period of greatest physical vigour invariably immediately preceded or accompanied their most conspicuous intellectual triumphs, and its decadence was always promptly followed by intellectual degeneracy.

The Greeks were bred and reared a nation of athletes; the gymnasium was as indispensable as the temple or the home, manly strength and skill were well nigh deified, and the victor in the great Olympic games considered scarcely less than a god; and yet these magnificent animals have left on record not only forms that for strength and symmetry are alike the wonder and the despair of all succeeding generations, but the most magnificent type of intellectual beauty, the broadest and clearest views of the problems of government, the most intense love of freedom, and the greatest systems of deductive philosophy which the race has ever known; while in poetry, sculpture, and architecture—the arts which appeal to the finest faculties of man—the world still sits at their feet. The Greek biceps and the Grecian profile were inseparably connected, and Homer, Solon, Socrates, Plato, Aristotle, and Sophocles were both the legitimate products and the ardent supporters of the Greek gymnasia. From the days of the captives in the Romish slave market who excited the admiration of Gregory to the Peninsular campaign of Wellington and the adamantine human wall from which the charge of the Old Guard rolled back shattered and broken at Waterloo, British bone and sinew has compelled the admiration even of its enemies, and has formed the solid foundation of England's intellectual greatness.

Even to-day the most prominent features in the popular conception of an Englishman are his love of the bath-tub, his enormous appetite, and his intense devotion to field sports and exercise of every description. The most rugged and inaccessible mountain chains cannot separate him from his bath-tub, his carnivorous appetite excites the horror of the vegetarian Hindoos, and is indulged at the very risk of his own life, while he lays out cricket-creases and tennis-courts at the very equator.

Can we hold that the connection is a purely accidental one between the tireless physical vigour and bull-dog tenacity of life and purpose of the English race, and the fact of their tongue being the language of millions upon millions, and bidding fair to become the universal thought-medium; their empire, upon which the sun never sets; the priceless services they have rendered to the cause of civil and religious liberty, and the intellectual influence represented by such names as Pitt and Gladstone, Carlyle and Bacon, Wesley and Spurgeon, Newton, Darwin, and Spencer?

The great national movement of Germany, which has been accompanied by such a remarkable display of intellectual energy as is signalized by the names of Leibnitz and Kant, Goethe and Schiller, Helmholtz and Virchow, Bismarck and Von Moltke, has its foundation in the almost intolerable military drill and warlike training of the two Fredericks, was fostered by the bitter object lesson on the value of physical prowess, inculcated by the wars of Napoleon, and was inseperably connected with the rise of the great Turnverein system of gymnastics under Father Jahn.

To-day, wherever the German tongue is spoken, together with the poetry of Schiller and the music of Wagner, is found the Turner's gymnasium, and again muscle and brain go hand in hand.

When we turn to the data furnished us by individuals, the physical basis, if not the physical nature of brain work, becomes even more apparent. It has been proved by actual experiment that great men have not only heavier and finer brains, but taller, heavier, and handsomer bodies than the average of their contemporaries.

The facts established by Beard in his remarkable paper on the longevity of brain workers are familiar to all. Even such a body of questionably great men as the Congress of the United States will be found to average higher in height, girth, weight, and physical beauty than any similar body of their constituents. Whenever we meet a distinguished man, or even see his portrait, we instinctively look for the physicial evidences of his mental power, and seldom are we disappointed. There are, of course, exceptions to every rule, but the law of

dependence of mental vigour upon physical is well-nigh as invariable as the law of heredity, and Little Tommy Green's familiar question, "How large was Alexander, pa, the people called him great?" was, after all, but the naïve expression of primitive humanity's instinctive expectation, that physical must accompany mental greatness. Lincoln's exploits as a wrestler and rail splitter; Conkling's as a boxer; Gladstone's as a a tree-feller; the youthful feats of strength and daring of Bismarck, and the magnificent physiques of Burke and Pitt, Webster and Beecher, Huxley, Bancroft, and Tennyson are not as familiar to the world as their deeds of intellectual prowess, but they are just as essential characteristics of the men.

To the question, "Why this relation exists?" physiology returns us a few brief but suggestive answers. 1st. That the voluntary muscles are the true blood-supply-regulator of the whole organism; in other words, that the brain of a man whose muscles are the most thoroughly developed and frequently exercised will have the fullest and richest supply of life-blood; in short, that good muscle means good possibility of brain-work. 2nd. That as the muscles are both the protectors and the tools of the brain, the more perfect their development the greater the ease with which it can both escape injury and perform the functions necessary to the support of animal life, thus leaving a greater proportion of its power to be expended in the direction of purely intellectual development; and 3rd, that even the simplest co-ordinate successive contractions of muscle fibre draw upon and develop not only the five senses and their centres, but large tracts of the cortex itself, which if not immediately concerned in the higher mental processes are most intimately connected with the cells and tracts that are.

What recognition of this important interdependence do we find in most of our systems of education? Almost none, except in our colleges, in which the growth of athletics, stimulated probably by the late war, is one of the most encouraging features of the times. Fortunately the fashion is rapidly spreading downward, but we, as physicians, must most strenuously insist upon a more important and practical recognition of this truth, than the introduction of ten minutes of dumb-bell exercise or calisthenics in six or eight hours of study.

Our common school pupils are crammed and forced and gorged with intellectual pabulum from six to nine hours a day; while they are at best simply advised, and often only permitted, to spend from one to three hours a day in the open air, too often in such an exhausted condition as to be incapable of really vigorous play, and this indisposition is too often increased by repeated feminine admonitions not to waste too much time in play, or to indulge in energetically-vigorous sports, because they are "so rough and horrid," and spoil their nice clothes.

A host of instructors, consisting almost exclusively of weak and nervous females, is busily engaged in impressing upon the rising generation that intellectual greatness is the only thing worth striving for, and that physical prowess is worthy only of navvies and pugilists, as the means of its development are so very "ungentlemanly" and "unlady-like." Being almost wholly under petticoat government, not only in the school, but, alas! too often in the home, at a time when his ideals for life are being formed, a boy is almost compelled to form his conceptions of manly vigour from pugilists and professional sports; while the mischief is intensified in both sexes from the pernicious and premature sexual development, which inevitably results from our boasted system of co-education. If our school children of to-day were to spend four hours out of the eight in vigorous, pleasant out-door exercise, they would accomplish more in the remaining four than they do now in the entire eight, and with infinitely less strain upon their vital forces. This may seem a startling proposition; but it has been more than proved, not only by the experience of our university and college students, but also by the experiments of Mr. Chadwick among the factory children in England on what is known as the "half-time system," by which the children were given four hours, not of vigorous recreation in the open air, but of regular work in the factory, and then four hours of study, with the surprising result that they made better progress, with less effort, than those who studied the whole eight hours.

The best brain-workers of to-day in England and on the Continent spend only three to five hours per diem at the desk or in the laboratory. In view of these facts, it seems to me that the following modifications in our present common school-system of education would be, at least, desirable: 1st. That a playground for summer and a well-equipped gymnasium for winter should become indispensable adjuncts of every graded school building. 2nd. That for every hour of study the pupil should be expected, and, if necessary, obliged, to spend an equal time in vigorous physical exercise, if possible, in the open air, for proficiency in which credit should be given him in his final average. 3rd. That a thorough knowledge of the laws of health and the physiology of exercise should be required of every teacher. 4th. That at least half of the teachers should be men, and be selected with a view to, not only their mental and moral, but also their physical, fitness to become the ideals of the rising generation.—*North American Review.*

Ashby-de-la-Zouche Baths.—The quiet little town of Ashby-de-la-Zouche was *en fête* on the 24th ult., the occasion being the reopening of the celebrated saline baths. Originally opened in 1822, the baths had gradually fallen into disuse from a variety of circumstances. Recently a company has been formed, and a large amount of public spirit infused into the undertaking, with the result that the buildings, baths, and grounds have been thoroughly repaired, and brought up to the fullest requirements of the present time. Lord Donington presided at a public luncheon, to which a number of medical men were invited. The buildings contain baths for six males and six females, with apparatus for needle, douche, ascending, and shower-baths; a large swimming-bath, 50 ft. by 25 ft.; steam heating appliances, and every facility for the convenience and comfort of visitors. The hotel has been arranged with a view to giving comfortable quarters, and a carefully regulated *cuisine*. The grounds are spacious, well laid out, and the surrounding country affords typical examples of true English scenery within easy distance by pleasant drives. The local traditions have been recalled by the glowing pen of Sir Walter Scott, and the interest of historical associations will beguile those who can combine such investigations with the search for health. A recent analysis by Dr. Paul shows that the waters are rich in chloride of sodium, chlorides of calcium, magnesium, &c., being analogous to those of Pullna and Kreuznach.

Diseases of the Nose, with Chapters on Ozæna, Impure Breath, Polypus, and Malformation of the Nose, and Analysis of Cases treated by a new method. By Litton Forbes, M.D., Senior Surgeon to the Eye and Ear Hospital, 67, Wells-street, London, W.—Henry Renshaw, 356, Strand, W. Price 13d. —[Advt.]

Jottings from the Journals

"Th' ingredients of health and long life are
Great temperance, open air,
Easy labour, little care."—*Sir Philip Sydney.*

Health of English Watering Places and Holiday Resorts.—The table published annually in the Registrar-General's quarterly return for the three months ending June giving recent mortality statistics for forty-six of the principal watering places and summer resorts, is probably widely consulted by those who are weighing their choice of a locality for the usual summer holiday. The table this year, however, is published without any estimates of population or calculated rates of mortality. "For it is recognized," says the Registrar-General, "that, after several years have elapsed since the taking of a census, estimates of population in small communities are so uncertain that they cannot be regarded with that amount of confidence which would justify their official recognition." The table, however, still shows the number of deaths referred during the three months ending June last to each of the principal zymotic diseases in the several holiday resorts. This information, the value of which is quite apart and independent of all speculation as to the present population of the different communities, should be in the hands of all who are called upon to choose a safe and suitable holiday resort for children. For information relating to the individual places we must refer those interested to the Registrar-General's table. It may, however, be noted that the zymotic mortality in the aggregate of the forty-six places was almost identical with that recorded in the corresponding quarter of last year, and that it is higher than it should be in localities depending for their prosperity upon reputation for a clean bill of health. Sanitary authorities are too apt to regard the epidemic prevalence of measles and whooping-cough as inevitable visitations; but in the case of holiday resorts frequented by children it might be expected that the injurious results of such visitations upon the prosperity of a season would lead the local authorities to view them in a more serious light. Only a small proportion of our watering places have yet provided themselves with efficient hospital provision for isolation; fewer still make full use of such provision; and scarcely a single place turns this provision to account with a view to stem the natural course of an epidemic of measles or of whooping-cough. Only two deaths from small-pox occurred in these watering places during last quarter, and the deaths from enteric fever were fewer than in recent corresponding quarters, while those from diphtheria were more numerous.—*Lancet.*

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School Buildings.—School-house architecture has of late received a share of the attention which is its just due. The lighting, heating, ventilation, and sanitation generally of most modern city educational buildings leaves little to be desired. The era of the barn school-house, hot in summer and cold in winter, with the light coming in just where it could get a chance to, and the seats arranged so as to crowd the largest number of coming men and women into the smallest space is past. If children suffer in the modern school-house, it is not from preventable physical causes. It is from over-study or uncongenial branches of learning forced upon them, or unsalutary home surroundings. Just now, when the interior has received its share of modernization, is a good time to glance at the exterior of the structure. What does it most resemble? There are two types that have met and offended the writer's eye, the Saratoga trunk and the wedding-cake varieties, one a mere box and the other ornate with gingerbread ornamentation. The first may be justified on the ground of the necessity for economy, the last by no consideration, and its author should be condemned to confront examples of his monstrosities for the rest of his natural life. What is pleaded for is that classical models be taken for the modern school-house. The following out of correct principles can cost no more than the wretchedly "pretty" buildings one sees on every hand. Among the advantages, apart from the mere æsthetic one of having public buildings models of correct style and taste, may be mentioned that of the instructive value to the little inhabitants of the building of the daily contemplation of an example of a leading type of architecture, about which the teacher is, perhaps, in vain trying to imbue the innocents with an abstract idea. The different leading elements of typical architectural structure might be also carefully preserved and made clearly distinguishable on the design which could be reproduced in perspective and elevation on the interior walls. As an object lesson in the rudiments of architecture a classically-constructed school-house would be of great value.—*Sanitary News.*

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Salt Water for Liverpool Streets.—The scarcity of water at Liverpool has led to the completion of arrangements for supplying salt water for street sprinkling throughout the city, although it has been more or less used for that purpose for the last two years. According to the *Liverpool Courier*, the scheme consisted in the laying of a seven-inch salt-water main from the George's Dock (2,456 yards) to the Burroughs Gardens Swimming Baths (by which, in conjunction with the main to the Cornwallis Street Baths, the greater portion of the town could be supplied), the provision of steam pumps at the north and south docks, and the utilization of the pumping stations at Aubrey Street, Windsor, and Greenlane for condensing water which would otherwise be wasted. One of the steam-pumps has a capacity of 500 gallons per minute, and there are two others of 100 gallons each. The watering-carts, holding 300 gallons each, can be filled from the hydrants in a minute and a half. What a saving has by this means been effected is evident when it is stated that in some former years the consumption of fresh water for street sprinkling reached as high a figure as 100,000,000 gallons. The Water Committee has ordered that no water must on any consideration be taken from the fresh water mains for street purposes. Another point which should not escape notice is, that salt water, according to a high authority, is very much better for street watering purposes than is fresh water, principally because it does not evaporate so quickly. An objection has sometimes been urged against the use of salt water in the streets, on the ground that it would tend to damage cotton goods, dresses, and other light articles that might be exposed outside shops, but as it has now been used extensively in Liverpool for more than a month without complaint, so far as known, there would not appear to be much foundation for the assumption. Though in certain fashionable English watering-places salt water is used for street purposes, there is no doubt that Liverpool, thanks to the action of their Water Committee and the skill of their engineer, Mr. Joseph Parry, can claim the credit of being the first large town in Great Britain to devise a plan for effectually carrying out its street watering, and at the same time leaving untouched its fresh-water supply.—*Sanitary Engineer.*

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"Conference [maketh] a ready man."—*Bacon.*

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QUERIES AND ANSWERS.

REPLIES: GENERAL, SANITARY, AND MEDICAL.

[Readers of HEALTH will kindly note that when back numbers of the journal are desired, the letters containing such requests and stamps for the numbers should be addressed to the PUBLISHER of HEALTH, 2, Paternoster-square, London, E.C., and *not to the Editor.*]

A. C. D.—Read the pamphlet, "A Lecture to Young Men" (post free, 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.), and note what is therein said regarding the treatment of cases like yours.

MINA.—Keep the hair very short for a time; wash the head once weekly with Bayley's Soap and tepid water, and try the following lotion: Bay rum and glycerine, of each two drachms; tincture of cantharides and tincture of capsicum, of each one drachm; sulphate of quinine, ten grains; and water, four ounces. Mix. A little of this lotion to be rubbed well into the roots of the hair each morning.

PETER FORD.—Try the following draught:—Colchicum wine, half a drachm; magnesia, fifteen grains; sulphate of magnesia, one drachm; and cinnamon water to make up two ounces.

D. S.—We do not know the filter you name, but a very excellent one is that made by Messrs. Howie, Hurlford, Kilmarnock, N.B.; it doubly purifies the water passed through it. We advise you to procure one of these filters. They will be noticed shortly in our pages.

X. X.—Try a dose of Lamplough's Pyretic Saline on rising in the morning, and follow out the other food-directions already given you. You will get quite well in time. Take a cold sponge bath each morning, and use brisk friction thereafter.

LOTTA.—Try half a claret-glass of Mariani's Cocoa Wine (Roberts & Co., New Bond-street, London, W.) before or after your meals, thrice daily. This is an excellent stimulant and tonic.

AJAX.—You should try applying a little aromatic vinegar cautiously each day to the wart, and note if it disappears; but from your description of the growth we are inclined to think it is probably a bunion. Look to your boots and stockings, avoid all pressure, and wash your feet daily with Bayley's Soap and tepid water, dusting Woolley's Sanitary Rose Powder into your stockings.

FROME.—Try the effect of drinking Vichy Water for a time. If the toe troubles you, paint it with tincture of iodine, but cease doing so when the skin becomes tender. See, of course, that your boots are roomy, and that no injurious pressure is present.

DIXEY.—Apply to the face a little pure Lanoline, to which your chemist should add Powdered Calamine (Ver), in the proportion of one drachm to one ounce of Lanoline, thus making a thin paste, easy of application at night. Use Lanoline Soap (Burroughs, Wellcome & Co.'s).

L. F.—In the case you name, we should recommend you to try a lotion composed of bicarbonate of soda, one drachm; glycerine, an ounce and a half. Apply this lotion freely to the affected parts.

A. POOVE.—For hæmorrhoids, try Bayley's Remedy (17, Cockspur-street, London, S.W.), and continue to avoid constipation by careful selection of diet. Occasionally, cases like yours improve through the simple means of taking a little castor oil every second day.

C. P. A.—The child should have Mellin's Food only, till it can be weaned. Starchy foods are hurtful to infants under the age you name.

G. BRILL.—Give up the use of the appliance for a time, and wash the parts with Bayley's Soap, dusting on a little of Woolley's Sanitary Rose Powder after washing. Keep your mind quite easy, and attend to your general health and diet as directed.

E. M.—A simple dusting powder, adapted to give relief when applied to chafed parts, is composed of oxide of zinc, one part; powdered starch, two parts.

LATEX.—You cannot be cured of such a serious disease save under the supervision of a competent surgeon. Take our advice, and place yourself under the care of such at once.

GINGER.—Brush the hair regularly night and morning with a soft brush, and rub in a little of the following to the roots each morning: Eau de Cologne, two ounces; tincture of cantharides, two drachms; oil of rosemary and oil of lavender, of each, ten drops. Mix. Label: "The Hair Lotion." If not bettered, write again.

E. BAXTER.—You questions can only be satisfactorily answered at all by a physician, after examining you. We advise you to see a competent doctor in your city, first of all, and submit your queries for his judgment.

NITA.—Consult the French Hygienic Society, 56, Conduit-street, London, W., and use their Pommade Trichophile for the cure of scurf. This society will also be able to advise you regarding the use of a harmless dye or restorative for grey hair.

E. PEPPER.—Remove the hairs all round the affected parts, in the first place. Wash each morning with "Sanitas" Soap and tepid water. Thereafter, paint the parts with sulphurous (*not* sulphuric) acid. If this treatment fails, apply a lotion consisting of hyposulphite of soda, of strength thirty or forty grains to the ounce of water.

EXCELSIOR.—Apply a little boracic ointment to the parts night and morning, and internally take a teaspoonful of the Syrup of the Hypophosphites after your meals, in a wineglass of water, twice daily.

FRANK L. B.—Write to the Secretary of the Sanitary Institute, 74a, Margaret-street, London, W., for full particulars of the examination, &c.

ESTELLA.—You suffer from a form of acne or blackheads. Read the article in HEALTH, No. 199, on that subject and follow out the treatment there directed.

CHESIL BANK.—Try the effect of hot hip-baths, to be taken at night before the period you name; and for three days before the period, take twice daily, two of Burroughs, Wellcome & Co.'s Tabloids of Dioxide of Manganese (Snow-hill-buildings, London, E.C.) just after your food.

ALDEBARAN.—Note advice given to "E. Park" in HEALTH No. 278; as far as regards the hair this treatment should cure you. Take warm baths frequently. Rub into the hair, after the scurf is cured, the lotion ordered to "Otto" in No. 278, and internally take fifteen drops Fer Bravais after meals, in water, thrice daily.

DAVID ROBERTSON.—Try the effect of drinking the Pitkeathly Water (advertised in our pages) as a cure for the condition you name. Avoid acid foods, cheese, pastry, and salt meats, and take Dahl's Cakes to breakfast and tea. If not cured, write again in a fortnight.

ARIADNE.—For the constipation adopt the treatment recommended to "Nemo" in No. 278, HEALTH, and at bedtime inhale the vapour arising from a pint of very hot water, to which a teaspoonful of Friar's Balsam has been added. If this fails to relieve you, write again. You should wear an elastic stocking for the varicose vein, and sit and sleep with your feet raised slightly. If you cure your constipation by the treatment ordered your other troubles will probably be much relieved.

DAVID HUME.—There may be some slight stricture, but only a surgeon can determine this after an examination. Try the effect of taking a tumbler of hot water twice daily between your meals; if this fails take fifteen grains citrate of potash in a tumbler of water between your meals. For psoriasis we advise you to try the chrysophanic acid treatment. Use an ointment made by adding one drachm of this acid to one ounce of lard, and rub a piece, the size of a pea, into each patch of the disease once daily. The ointment stains the hands and bed-clothes, but soap and warm water will remove it.

CIRCLE.—We are of opinion that all your symptoms are due to digestive irregularity accompanied by purely local irritation. Let your food be of simple kind, attend rigidly to your habits so as to guard against constipation, and drink Pitkeathly Water (advertised in our pages), using the Water as sold combined with Lithia. The diet hints given to "Nemo," in No. 278, HEALTH, will be of service to you. Write us again, if not bettered.

WHY

Do I have this drowsy, lifeless feeling? Why do I have backache? Why neuralgia and rheumatism? Why does scrofulous taint and erysipelas show itself?

Because your blood is filled with poison, which must be completely eradicated before you can regain health. You must go to the root of the matter. Put the kidneys—the great and only blood-purifying organs — in complete order, which means complete health, and with Warner's SAFE Cure and Warner's SAFE Pills your cure is certain.

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O. P. O.—Drink Pitkeathly Water regularly, avoid all alcohol for a time, and rest and sleep with the feet raised. Apply a little plain dusting-powder to the part, and take fifteen drops Fer Bravais, after meals, thrice daily.

R. GILBERT.—See notice of the Cellular Clothing Co.'s goods in a recent number.

OMEGA.—1. We prefer the olive oil. 2. The olive oil is preferable, but the cod oil contains iodine and other principles wanting in the former. 3. Fresh butter certainly; and next to that mutton fat. 4. Because it causes baldness, and is unnecessary.

J. T.—It is probable you suffer from a slight form of hay-fever. Try a change of air (to the coast) and take the tonic recommended to "Excelsior" in the present number. If not cured, write again, and we will recommend local measures.

H. E. GODDARD.—We quite agree (and have often said so in HEALTH) that there is no necessity to wet the head in the morning bath. This practice is the cause of falling hair and baldness. The hair is not meant to be kept in a state of perpetual and chronic dampness, and the constant wetting injures the natural oily secretion of the scalp.

LIZZIE E.—You suffer from a form of bronchitis. For the cure thereof, try to spend your holiday by the sea—Hastings or Eastbourne would suit you admirably; and, in addition (at bedtime only), inhale the vapour arising from a pint of very hot water to which a teaspoonful of Friar's Balsam has been added. Avoid suppers late at night, and try a dessertspoonful of Kepler's Cod Oil and Malt after meals. Write again if not cured.

ADOLPHUS.—The Fer Bravais may be tried. The other symptoms of which you speak are of no great matter. Try the effect of drinking Pitkeathly Water. What you have seen is only a little mucus, which will disappear on your taking the water ordered.

E. BENNETT.—We can really have nothing more to say to you than this—that it is impossible for persons to influence your life and acts from a distance, as you assert. There is such a thing as self-deception, and you have evidently been deceiving yourself so as to credit others with injuring you. Go and see a good physician, and take his advice on your case.

INTERESTED.—The Hazeline might be tried as you suggest, but half a teaspoonful might be sufficient at first. We would, however, remark that the age of the patient is such as to suggest a natural cause for the symptoms you name. These are often present at the age named, and will disappear naturally by aid of rest and quiet. If not, then a competent physician in Edinburgh should be consulted. We can send address of such, if desired, on receipt of stamped addressed envelope.

ALBERTO.—1. The Cellular Clothing Company's fabrics should suit you very well. Give them a fair trial. See list of agents in advertisement appearing in our pages. 2. Staines or Richmond.

B. DELVER.—1. There is no such drug mentioned in the Pharmacopœia. The man is a low quack. 2. Dahl's Cakes are the best and simplest means of cure. Take half a cake to breakfast and tea regularly.

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